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BLUE SKY STUDIOS

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FALLEN HERO

Hundreds of New Jersey police officers paid their respects to fallen comrade Joseph Seals, 40, at his funeral Tuesday. Seals, an NJ native, was one of six killed in a gun battle at a kosher grocery store in Jersey City last week. He is survived by his wife and five children. 7

REUTERS & DETECTIVE JOSEPH SEALS VIA NEW JERSEY STATE PBA

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4 THINGS TO KNOW

U.S. President Donald Trump speaks during a meeting with Guatemala's President Jimmy Morales in the Oval Office of the White House in Washington on December 17, 2019. REUTERS

Trump accuses Democrats of 'attempted coup' on eve of impeachment vote

Meanwhile, McConnell openly admitted inability to be impartial.

On the eve of his expected impeachment in the U.S. House of Representatives, President Donald Trump accused Democrats of pursuing an "illegal, partisan attempted coup" and declaring "open war" on American democracy as they seek to remove him from office for pressing Ukraine to investigate political rival Joe Biden.

Trump's remarks came in a signed letter addressed to House Speaker Nancy Pelosi, released as House lawmakers met to set the rules for debate ahead of Wednesday's planned vote on two articles of impeachment - formal charges - against the Republican president.

At the same time, the Senate's top Republican, Mitch McConnell, signaled he will not allow the expected upcoming Senate trial on impeachment charges to involve more fact-finding about Trump's conduct.

The rambling, six-page letter from Trump to Pelosi on White House letterhead largely restated the president's objections to the impeachment probe, but did so in accusatory and sometimes spiteful language that attacked Pelosi, congressional Democrats, Trump's political rival Joe Biden and institutions such as the FBI.

Pelosi, Trump wrote, "is turning the House of Representatives from a revered legislative body into a Star Chamber of partisan persecution" while "scarcely concealing your hatred of me."

The impeachment probe, the president said, is an "an illegal, partisan attempted coup that will, based on recent sentiment, badly fail at the voting booth," alluding to the November 2020 U.S. presidential election in which he is seeking another four years in office.

To that end, the letter's tone was more reminiscent of one of Trump's famously raucous campaign rallies and was likely intended to rally his loyal political base behind him as Democrats move to vote on Wednesday. The U.S. Constitution gives the House the power to impeach a president for "high crimes and misdemeanors," part of the document's checks and balances among the executive, legislative and judicial branches of the federal government.

The Democratic-led House is expected to pass two articles of impeachment charging Trump with abuse of power and obstruction of Congress for his dealings with Ukraine.

"By proceeding with your invalid impeachment, you are violating your oaths of office, you are breaking your allegiance to the Constitution, and you are declaring open war on American Democracy," Trump wrote.

"You view democracy as your enemy!" he wrote.

House Democrats accuse Trump of abusing his power by asking Ukraine to investigate Biden, a former U.S. vice president and a leading Democratic contender to oppose him in the 2020 election. Trump is also accused of obstructing the congressional investigation into the matter.

"Look, this has been a total sham from the beginning," Trump told reporters at the White House shortly after his letter was released.

Meanwhile, members of the House Rules Committee met on Tuesday over the rules for the debate before the vote set for Wednesday by the full House, which is expected to result in Trump becoming the third U.S. president to be impeached.

No president has ever been removed from office via the impeachment process set out in the Constitution.

Earlier, McConnell brushed aside a Democratic request to call four current or former White House officials as witnesses in the Senate impeachment trial expected next month, again making clear that he expects senators not to remove Trump from office.

While McConnell said on the floor it was the Senate's role simply to act as a "judge and jury," he later told reporters that he is not "an impartial juror." REUTERS

"By proceeding with your invalid impeachment, you are violating your oaths of office, you are breaking your allegiance to the Constitution, and you are declaring open war on American Democracy."

Donald Trump

2 Tornadoes sweep across southeastern U.S., killing 3

Tornadoes swept across swaths of the southeastern United States killing at least two people in northern Alabama and one person in Louisiana, tearing roofs off buildings, splintering trees and downing powerlines, officials said. Most of the tornado and storm damage was reported in parts of Louisiana, Mississippi, Alabama and Texas starting early Monday, sheriff's officials told local media.

"Initial reports suggest first tornado was reported in Louisiana around 10:35 (a.m.) CST and first tornado fatality was somewhere around 11:18 a.m. CST," said NWS meteorologist Jared Guyer. REUTERS

3 Senate sends massive defense bill for Trump to sign

The U.S. Senate voted overwhelmingly on Tuesday to pass a $738 billion defense policy bill that creates President Donald Trump's "Space Force" and gives federal employees 12 weeks of paid parental leave, sending it to the White House, where Trump has promised to quickly sign it into law. The Republican-controlled Senate voted 86 to 8 in favor of the National Defense Authorization Act, or NDAA. The Democratic-led House approved the bill by 377-48 last week. Trump said on Twitter last week that he would sign the bill as soon as it passes, saying it included all his priorities. As one of the few pieces of major legislation Congress passes every year, the NDAA becomes a vehicle for a range of policy measures as well as setting everything from military pay levels to which ships or aircraft will be modernized. REUTERS

4 Biden, 77, is healthy and fit to serve as president

Former Vice President Joe Biden is healthy enough to undertake the duties of the U.S. presidency, his doctor said on Tuesday in a health report released by the Democrat's campaign. Biden, 77, is one of 15 Democrats seeking their party's nomination to run against Republican U.S. President Donald Trump next year in a battle in which the incumbent and the top three of his would-be opponents are all septuagenarians.Biden, who suffered a brain aneurysm in 1988, has no symptoms of similar problems, and while his heart beats irregularly, he is "completely asymptomatic," said Dr. Kevin O'Connor, who teaches medicine and directs the Executive Medicine program for George Washington University. The former vice president is taking anticoagulant medication for his heart. REUTERS

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Karol Sanchez NYPD/CRIME STOPPERS

Bronx kidnapping of 16-year-old girl was staged

In an unexpected twist, the Karol Sanchez kidnapping that gripped NYC was revealed as fake.

HAZEL SHAHGHOLI
Hazel.Shahgholi@metro.us

Surveillance footage of 16-year-old Karol Sanchez being kidnapped by a group of men as she walked with her mother along a Bronx street late Monday night gripped the attention of locals and prompted the issue of an Amber Alert for her safety.

The NYPD's 40th Precinct had responded with glee early Tuesday, issuing the following tweet: "WE HAVE A VICTORY TODAY!! Karol has been found!!! Thank you to all who have worked very hard to track down the people involved in this case !," adding that she was located in the Bronx and was "safe and unharmed."

However, outlets are now reporting that, after a day of being questioned by police, Sanchez has admitted that the kidnapping was masterminded by herself, and that she apparently did know her supposed abductors.

No concrete motive for such an extreme action has yet been confirmed, although speculation exists that Sanchez was protesting her mother's plans to move the family back to their native Honduras. A high-ranking police officer offered the following statement to the New York Post: "Her mother wanted to move them back to Honduras, but she [Karol] was adamantly against it."

According to the Daily Mail and CBS2, Sanchez's window of disappearance was from approximately 11:30 p.m. Monday to 2:15 p.m. Tuesday when Sanchez – reportedly "shaken up," according to eyewitness Zani Koxha – approached a police car near Eagle Ave. and East 156th St., close to the 700 block of Eagle Ave. in the Melrose section of the Bronx where the fabricated drama originally kicked off.

According to sources for the Daily Mail, police plan to talk to everyone involved in the incident before deciding whether or not to press charges. The New York Post added that Sanchez's boyfriend may have been involved.

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GETTY IMAGES

De Blasio signs ban of all flavored e-cigs into law

Say goodbye to "Polar Breeze" and other creative flavors.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Mayor de Blasio officially signed into law a ban on the sale of flavored electronic cigarettes and flavored e-liquids in New York City.

This new ban goes into effect on July 1, 2020, and includes electronic cigarettes and flavored e-liquids in menthol, mint and wintergreen flavors.

"Big tobacco, take note: New York City will not stand for your cynical attempts to hook children on a potentially lethal, lifelong nicotine addiction," Mayor de Blasio said in a press release.

He added, "By signing this legislation, we are standing up for our kids, the health of our city, and taking the action that is necessary to curb tobacco use once and for all."

In addition to menthol, mint, and wintergreen flavors the bill will also ban "concept flavors" such as "Polar Breeze" and "Rainbow Road."

"With the signing of this groundbreaking bill, New York City is finally taking direct aim at the fruity, minty, candy-like flavors of e-cigarettes which were clearly designed to appeal to young people in the first place. As a city, our highest obligation has to be to protect young people. I am proud that we have worked together to prevent yet another generation of young people from falling into the grips of a lifetime of addiction to flavored nicotine products," City Council Health Committee Chair Mark Levine said in a press release.

The new law will also require the Department of Health and Mental Hygiene to do an awareness campaign to help educate everyone about the smoking cessation resources available in the city. This will go into effect in 90 days.

This legislation adds on to previous actions to discourage e-cigs among minors.

The CDC reports that as of Dec. 10, a total of 2,409 people have been hospitalized due to e-cigarette use or vaping. There have been 52 confirmed deaths in 26 states related to the complications.

> **"By signing this legislation, we are standing up for our kids, the health of our city, and taking the action that is necessary to curb tobacco use once and for all."**
>
> **Mayor de Blasio**

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Hundreds of New Jersey police mourn officer killed in shooting rampage

A police procession arrives at the funeral service for Jersey City Police Detective Joseph Seals at St. Aedan's Church in Jersey City, New Jersey. REUTERS

Police turned out by the hundreds on Tuesday to mourn a fallen comrade, a northern New Jersey detective who was the first of six people to die last week in a shooting rampage that authorities have labeled an act of domestic terrorism.

As bagpipes wailed in a cold, steady rain, a hearse delivering the flag-draped coffin of Jersey City Police Detective Joseph Seals arrived at Saint Aedan's Church, where a team of honor guards carried it inside for a funeral mass.

$567K

A GoFundMe page set up by Jersey City Police Officer's Benevolent Association had raised more than $567,000 for his family by Tuesday at midday.

Seals, 40, was the first of four people killed on Dec. 10 by a gun-wielding man and woman, who died following a four-hour gun battle with police after holing up in a kosher market, authorities said.

A native of Jersey City, just across the Hudson River from New York City, Seals leaves a wife and five children. He became a detective on the police force two years ago after working his way up the ranks since joining in 2005.

A GoFundMe page set up by Jersey City Police Officer's Benevolent Association had raised more than $567,000 for his family by Tuesday at midday.

Seals had gone to a cemetery on Dec. 10 to meet an informant as part of an unrelated gun or narcotics investigation, PIX11 television reported, citing an unidentified senior law enforcement source.

While there, he approached a van that was suspected of being involved in a murder in nearby Bayonne. He was ambushed by the pair, David Anderson, 47, and Francine Graham, 50, PIX11 and other local media reported.

A Jersey City police spokeswoman declined to comment on the reports.

The pair then drove to the JC Kosher Supermarket where authorities said they shot and killed three people and exchanged gunfire with police. The siege ended after four hours when police crashed an armored vehicle through the wall of the market.

After examining the attackers' social media posts and other evidence, authorities said last week the pair had expressed interest in the Black Hebrew Israelites, a group unaffiliated with mainstream Judaism and some of whose offshoots the Southern Poverty Law Center lists as hate groups. Officials said they had not established an official link between the shooters and the group. REUTERS

Thousands of police officers gather in the rain for the funeral service for New Jersey Detective Joseph Seals, who died last week in a shooting. GETTY IMAGES

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Judge sentences ex-Trump campaign aide Gates to probation and 45 days in jail

Gates confessed to lying to the FBI in February.

A federal judge sentenced U.S. President Donald Trump's former deputy campaign chairman Rick Gates to serve an intermittent term of 45 days in jail and 36 months of probation, saying that while she was moved by his extensive cooperation with prosecutors, she still felt some punishment was in order.

U.S. District Judge Amy Berman Jackson said she had struggled for some time with how to sentence Gates, who met with investigators more than 50 times and helped the government secure convictions of Republican operatives Paul Manafort and Roger Stone after he pleaded guilty in February 2018 to lying to the FBI and the special counsel's office and conspiring against the United States.

Jackson said that everyday she sees people who commit crimes "of a much more limited scope" than Gates' offenses who are motivated by drug addictions and poverty, and who then, like Gates, become government witnesses by turning on their own friends and neighbors.

"Even they often serve some time," Jackson noted.

Gates, who held senior posts on the president's campaign team and inauguration committee, was one of several former Trump aides and advisers to be charged in Mueller's investigation that documented Russian interference in the 2016 U.S. election. Gates, 47, initially pleaded not guilty but reversed himself in February 2018 and agreed to cooperate with prosecutors.

Jackson also said he will be required to pay a $20,000 fine, complete community service and continue cooperating in several still-ongoing investigations.

The judge gave Gates leeway to work with the probation office to iron out the terms of when he will serve his 45 days in jail, saying he could do so on weekends or during times that will not interfere with his parenting responsibilities or his ongoing cooperation with law enforcement.

"I wish to express to this court that I accept complete responsibility for my actions that have led me here," Gates said before the sentence was imposed.

"I greatly regret the mistakes I have made and I have worked hard to honor my commitment to make amends. My family and I appreciate your consideration for leniency, and I hope and pray that you will give that to me."

Under the sentencing guidelines calculated by the government, he could have faced up to 4-3/4 years in prison.

Gates' defense attorney Thomas Green had tried to persuade Jackson to sentence his client to probation, and prosecutors did not push back on that recommendation.

Before the start of Tuesday's sentencing hearing, one of the former lead prosecutors in the case, Andrew Weissmann made a point of shaking Gates' hand in court. REUTERS

Rick Gates, former campaign aide to U.S. President Donald Trump, departs federal court after being sentenced to 45 days in jail and three years probation in Washington, DC on December 17, 2019. REUTERS

$20K

Rick Gates will be required to pay a $20,000 fine, complete community service and continue cooperating in several still-ongoing investigations.

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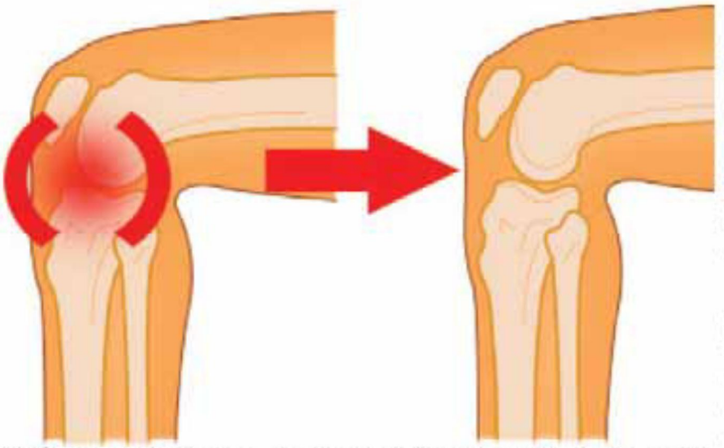

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Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

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Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

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Woman, 60, killed by debris that fell from Midtown building

The building had been previously cited for damaged masonry that posed a threat to pedestrians below.

MORGAN ROUSSEAU
morgan@metro.us

Erica Tishman

GETTY IMAGES

Erica Tishman, 60, died Tuesday when she was struck by a piece of falling building façade in the heart of Midtown.

The victim was fatally struck around 11 a.m. as she walked along 7th Avenue near West 49th St., according to reports. She suffered serious head trauma, according to police, and was pronounced dead on the sidewalk in front of the building located at 152 West 49th St.

"This is a tragedy, and the family and friends of the victim are in our thoughts. No pedestrian should be at risk from dangerous façade conditions," the Department of Buildings said in a statement.

The 15-story building at 729 7th Ave. had been cited in April for "failure to maintain exterior building facade and appurtenances," according to The Daily Mail.

In that citation, building inspectors reportedly wrote that there was "damaged terra cotta at areas above 15th floor in several locations which poses a falling hazard for pedestrians."

Tishman, a graduate of both Harvard University and Princeton University, was a prominent architect and vice president of property development firm Zubatkin, reports CBS.

Tuesday's fatal incident occured roughly 500 feet north of the tourist-heavy Times Square, in an area packed with souvenir shops and other retail businesses. Images shared by local media and on Citizen App showed the woman's body lying under a white sheet, surrounded by a heavy emergency presence and police tape.

The last time a person was killed by falling building debris in New York City was in 2015, when a 2-year-old girl was struck in the head by a brick that fell from an 8th-floor ledge on the Upper West Side.

The Department of Buildings is investigating the incident.

Mayor de Blasio announces a plan to end long-term street homelessness

The de Blasio administration announced an action plan to end long-term street homelessness in New York City within the next five years.

The plan, the first of its kind in the nation, includes an increase in housing, medical services and mental health services for unsheltered individuals. It will also help enhance outreach resources in the city to deliver urgent and more rapid responses to those in need.

"Homeless New Yorkers are just like us—they deserve our love and compassion and a commitment to go as far as we can to help," said Mayor Bill de Blasio in a press release.

GETTY IMAGES

The six-point action plan will include:

1. Increase Safe Haven capacity by opening 1,000 new Safe Haven beds
2. Create 1,000 new low-barrier permanent apartments by working with partners across the housing and social services sectors
3. Deliver new health resources to people where they are, providing treatment through street medical care and behavioral health care, and build the trust needed for clients to come inside
4. Provide coordinated rapid outreach response through the Street Homelessness Joint Command Center
5. Leverage state-of-the-art outreach technology to better connect clients to the services they need to transition into housing
6. Expand Diversion and Outreach in our subway system

BECCA GLASSER-BAKER

Addictive nicotine in Juul nearly identical to a Marlboro: study

REUTERS

The nicotine formula used by controversial e-cigarette maker Juul Labs Inc is nearly identical to the flavor and addictive profile of Altria Group Inc's highly successful Marlboro cigarette brand, new research suggests.

A study released on Tuesday from researchers at Portland State University in Oregon helps to explain why a growing number of young people who never smoked cigarettes have become regular users of Juul vaping devices.

The formulation of Juul's nicotine aerosol was designed to make it far easier for users to inhale larger quantities of nicotine without gagging, gasping or coughing - or even noticing.

"It becomes obvious why novice users, people who've never smoked before, find it easy to try Juul," said David Peyton, a professor of chemistry at Portland State University who worked on the study, published in the journal Tobacco Control. "And once you try it, you're getting dosed with a high concentration of nicotine."

Directly comparing Juul vaping devices to Marlboro cigarettes, the researchers analyzed the amount and chemical makeup of the nicotine in Juul's cartridge-like disposable "pods."

In addition to sweet flavors and its sleek, flash drive-like design, Juul is notable for popularizing what are known as "nicotine salts," a smoother form of nicotine than what was contained in earlier e-cigarettes, according to Juul's own patents and outside research on their formula.

By adding organic acids to liquid nicotine, San Francisco-based Juul was able to reduce the amount of "freebase nicotine" in the aerosol that users inhale.

> **"It becomes obvious why novice users, people who've never smoked before, find it easy to try Juul. And once you try it, you're getting dosed with a high concentration of nicotine."**
>
> **David Peyton, professor of chemistry**

Freebase nicotine, common in e-cigarette liquid prior to Juul's arrival in 2015, is harsh and difficult to inhale at high concentrations. Juul virtually eliminated the harsh side effects.

While e-cigarettes have been marketed as a means to help smokers quit or cut down, public health officials have expressed concern that they are drawing a new, younger generation into nicotine addiction. Juul has come under intense scrutiny from regulators, lawmakers and attorneys general over the surging popularity of its products among teenagers in recent years.

A recent study found that nearly 60% of high schoolers and 54% of middle schoolers who use nicotine vaping products said Juul was their usual brand.

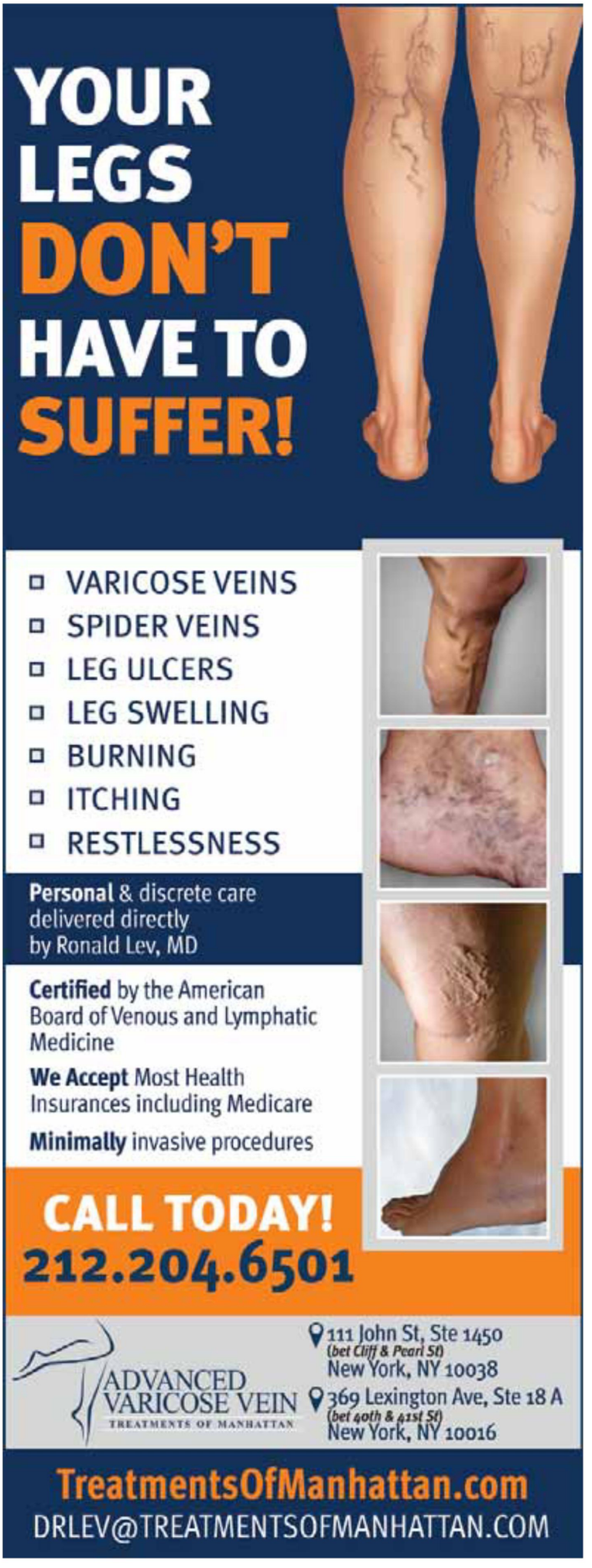
Peyton and fellow researchers James Pankow and Anna Duell measured the amounts of nicotine in Juul and how much of that nicotine was in the harsher freebase form of the chemical.

They determined that Juul's potency and flavor profile was almost exactly the same as Marlboro cigarettes, describing Juul as an "e-cigarette analog" of the U.S. market-leading brand.

"Juul is all the things about Marlboro that are addictive," said Pankow, an expert in the chemistry of nicotine and tobacco smoke. "Then they take away the bad smell and add some flavors. It's a much more pleasant experience."

Under pressure from regulators and lawmakers, Juul in recent months stopped selling flavors other than menthol and tobacco in the United States, but continues to sell fruit and dessert flavors in other countries.

REUTERS



the Grumble

sudoku

EASY

			1	8				4
		8			2			6
1	5		6	4			7	8
	7	4	3	1				
	9						6	
				7	6	3	4	
4	6			3	8		1	2
2			7			4		
9				2	5			

MEDIUM

	1	4				2		
	6	8		4			5	1
			2					4
			6		7			9
	8						2	
3			1		8			
8					6			
6	5			1		9	3	
		3				8	6	

HARD

	5	8			6			
		7			4	6	2	5
1								
6				1	3			
		1		2		9		
			5	6				4
								7
4	7	9	6			8		
			2			3	9	

READER WRITE-INS:

BRUNCH

Why do people always want to meet up for brunch on the weekends? I'd rather sleep in and meet up for a nice well-rested lunch where I don't feel rushed to get somewhere. Also, can't we all admit that brunch is just an excuse to jack up prices on egg dishes?

Glenn, *Metro US reader*

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Aries Don't leave anything to chance. Articulate exactly what you know, how you feel and what you want. A change of attitude will help ease stress and encourage a healthier lifestyle.

Taurus Be prepared to give a little and to take something in return. Be generous of your time and open with your feelings. An unusual opportunity shouldn't be ignored.

Gemini Knowledge will be a powerful tool when you're facing someone who tends to stretch the truth or offer false information.

Cancer Getting together with someone you haven't seen in a long time will be rejuvenating. The ideas you share with each other will encourage you to stay in touch and to collaborate more. Romance is in the stars.

Leo Take time to rethink your strategy. If your plan isn't panning out, switch gears and try something else. Don't let your emotions interfere with you making the right decision.

Virgo If you can't find the words, make your actions count. A kind gesture will be well received and will lead to an unexpected reward. Romance waits in the wings.

Libra Don't believe everything you hear. Consider the source of the information you receive and choose not to take action. Keeping the peace is in your best interest.

Scorpio Do things for others and reap the rewards. Your input will help bring about positive change to your community, family or employer. Celebrate with a loved one.

Sagittarius If you aren't sure, don't share. Information should be verified before you pass it along. Protect your reputation, important relationships and assets. Emotional spending should be avoided.

Capricorn Your actions will speak for you. If you love someone, show them how much. You don't have to buy expensive gifts; affection and passion should suffice.

Aquarius Tidy up loose ends. Take advantage of tax incentives and other savings you can make before the year ends. A positive change will be the result of helping others.

Pisces What you say may be disputed by someone who doesn't see things your way. Rely on honesty and integrity if you want to come out on top. Don't embellish; truth matters. EUGENIA LAST

REID HAITHCOCK

The thrilling rebirth of Daughters

We spoke with guitarist Nicholas Sadler about the band's second chapter.

PAT KING
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Nicholas Sadler never thought he would be in the position that he currently is in right now. As the guitar player and lead instrumentalist of the Providence, Rhode Island noise-rock band Daughters, they have been playing some of the biggest shows of their career all over the globe during a seemingly endless tour around the band's 2018 album, "You Won't Get What You Want." While each night the crowds seem to be growing in size, it has come at the risk of the band's exhaustion after leaving it all out on stage night after night.

"Tour has been long and I'm ready to go home," Sadler says with a laugh as I caught up with him before Daughters play in front of a packed show at the Austin venue Emo's. While this has been the band's new unexpected reality, Sadler understands that this relentless touring schedule is what it is going to take in order to make this their livelihood. Even if it takes a hell of a toll.

"I 'woke up' today after I pretty much didn't sleep at all and went to go look in the mirror and was like, 'What the f–k' [laughs]. It's hard to be out here with any complaints at all. They exist, there are things that you wish could be better. But at the same time we have this thing that literally hundreds and hundreds of bands all over the world would like to have for themselves. It's this weird double edged sword and a bit of a Catch-22 where you're just kind of like, 'Oh my god, this is going to kill me!' Then at the same time, tonight we're expecting 1,000 people."

Before the release of "You Won't Get What You Want," Daughters had gone through a winding road to get to where they are now. After years of touring as a shapeshifting and unpredictable power-violence act, the band had never really built up much of an audience. With the release of their, at the time, final self-titled third album in 2010 the band had decided to part ways. With this last album the band started exploring new sonic territory adding elements of post-punk with harsh noise and singer Alexis S.F. Marshall trading in his guttural shrieks for a more lyrical focused approach more akin to Nick Cave or David Yow of the Jesus Lizard. It was a new and exciting direction for the band that many thought would be their last dispatch. That was, until the all of the band members decided to get back together after a long period of not interacting with each other to see if there was anything more they could accomplish together.

"For me, I was attracted to the idea of repairing broken relationships with the members of the band, which is how we ended up meeting up at all," remembers Sadler. "Within moments of meeting up, I don't know why I didn't expect it but looking back it was obvious it was going to happen, pretty much right away we were like, 'Let's make a record!'"

After playing some well-attended reunion shows, the band went to work on recording the songs that would become "You Won't Get What You Want" based on some demos that Sadler created. The music on the record expanded on everything they were able to do with their previous work with punishing work by the band's rhythm section – drummer Jon Syverson and bassist Samuel Walker – and Sadler's nightmarish guitars. Marshall's dark and poetic lyrics provide a narrative anchor for the record, making it an intense experience that stays with you long after the final notes of the closing track, "Guest House," have spiraled out.

As the band set out to tour behind the record, they were shocked by how well the album was received by the press and the fans but also how many people were ready to see Daughters out on the road again.

"You could tell that on the internet, that something was happening. There was some sort of sustained or renewed interest in the group while we were away. I kind of knew something would happen, but I didn't know it would be like this," says Sadler.

The true testament, perhaps, to why the band has been gaining so much attention on the road is their absolutely ferocious live show. The band has never been more intense sonically and Marshall has become an absolutely dynamic frontman. At one moment, he could be prowling the stage like a madman and the other he could be standing on top of the crowd with the microphone jammed into his mouth. Having the band come back stronger than ever is something that Sadler takes endless pride in, but he may not quite understand the popularity.

"I think it has been pretty profound and I think to the point of, I only speak for myself within the group, it's been totally confusing," says Sadler. "I think if I were not in this band and I was watching what is happening, I would be the world's biggest skeptic. Like, 'This is the most over-hyped piece of s–t I've ever seen!' I don't really know how to reconcile that at all."

But one thing is for certain, the band Daughters is very active these days. And with that, Sadler is excited to see where they can go from here.

"I'm very curious to see how far we can push the idea of Daughters," says Sadler. "Especially with this unexpected year, it seems like we could end up anywhere. I feel very lucky because the world just needs to be open to the idea as well. I think the people who like our band understand that perhaps the next record is going to be very different than the one that we just did and no one seems overly put off by that. Obviously we don't do it for the crowd anyways. But it's a nice feeling to realize that almost 18 years into this band you are being accepted for who you are, at least creatively."

Make sure to catch Daughters Thursday, Dec. 19 at Brooklyn Steel w/ HEALTH & Show Me The Body. 319 Frost Street, Brooklyn.

The New York City Department of Transportation ("DOT") is issuing, as of the date of this notice, a Request for Proposals (RFP) for the development, operation, and maintenance of an indoor farmer's market ("Market") at Whitehall Ferry Terminal located at 4 South Street in the Borough of Manhattan ("Ferry Terminal").

The RFP is available for download, commencing on **Wednesday, December 18, 2019** through **Friday, February 21, 2020**, on DOT's website. To download the RFP, visit http://www.nyc.gov/html/dot/html/about/doing-business.shtml, click on the "Concessions" link and under "Current Solicitations" click on the "Download the RFP" link that appears under the RFP's description.

The RFP contains important information about this solicitation including site location, proposer meeting details, and contact information.

All proposals submitted in response to this RFP must be submitted no later than **Friday, February 21, 2020 at 2 PM.**

Ryan Reynolds and the cast of *6 Underground* reveal details of the new Michael Bay movie

The film premiered on Netflix last Friday.

CECILIA MARTÍNEZ, MWN
letters@metro.us

"6 Underground" is a new Netflix action movie starring Ryan Reynolds and directed by Michael Bay that premiered on Dec. 13. This film shows six heroes who put their personal lives aside to make a positive change in the world through their special abilities that make them a key piece of the team.

During the celebration of Comic Con Experience 2019 (CCXP) in São Paulo, Brazil, Metro talked with members of the cast, who shared their experience working with one of the most recognized action directors, the incredible explosions within the film and details about their characters.

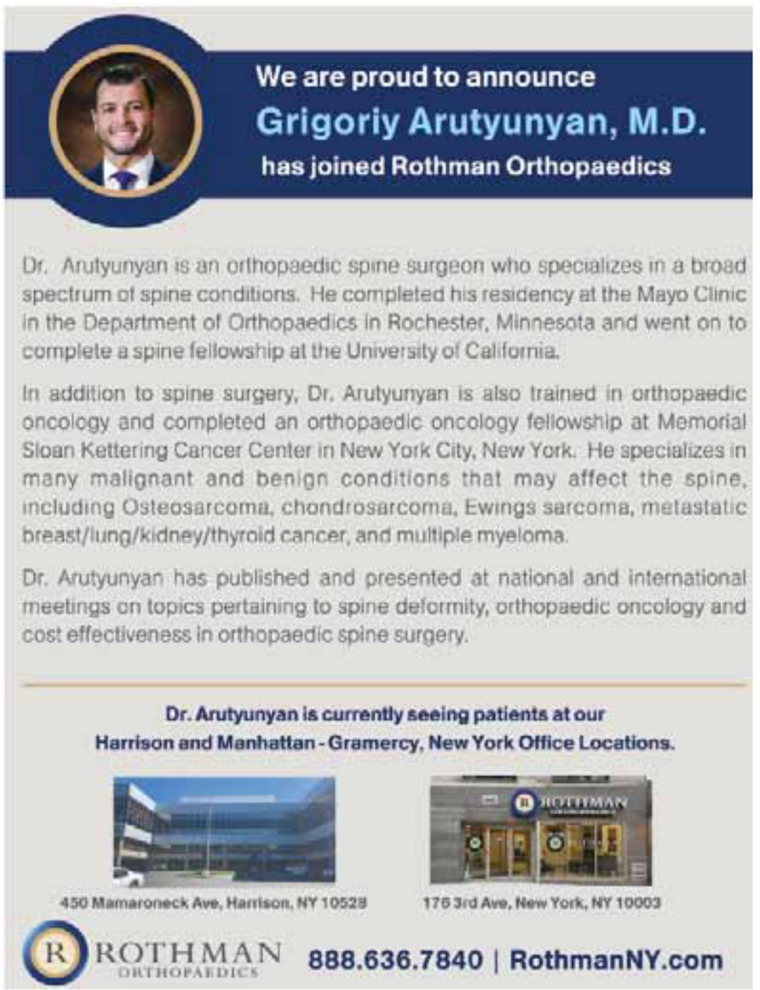
How would you describe your characters?
Corey Hawkins: I play "Seven," who is a former operator of the Delta special forces of the United States Army. He is the newest member of the band who was recruited by "One" at his worst and just when he is looking to redeem himself; which he finds in this team. He is also a very good sniper.

Ryan Reynolds: My character is "One," I am the one who assembles the whole team and finds these people who have the specific talents that are required for this mission in which we are going to overthrow a terrible dictator passing over the government and diplomats. He is a billionaire who decides to use his money for something that is really worth it instead of extravagant things, that's how the team was born.

Why do you think someone would give up their privileged life to fight crime?
Ryan Reynolds: I think it has to be a damaged person. He has to have many traumas from his past and I think my character has them. In the movie we see that he was selfish, he concentrated on growing his business and his life and then he sees something that changes him forever, that's when he decides to dedicate his money to making big and small changes in the geopolitical landscape.

ALL IMAGES NETFLIX

You guys shot in incredible locations, what was the best part of filming in these places?
Ryan Reynolds: Our jobs are very unique,


We are proud to announce
Grigoriy Arutyunyan, M.D.
has joined Rothman Orthopaedics
Dr. Arutyunyan is an orthopaedic spine surgeon who specializes in a broad spectrum of spine conditions. He completed his residency at the Mayo Clinic in the Department of Orthopaedics in Rochester, Minnesota and went on to complete a spine fellowship at the University of California.
In addition to spine surgery, Dr. Arutyunyan is also trained in orthopaedic oncology and completed an orthopaedic oncology fellowship at Memorial Sloan Kettering Cancer Center in New York City, New York. He specializes in many malignant and benign conditions that may affect the spine, including Osteosarcoma, chondrosarcoma, Ewings sarcoma, metastatic breast/lung/kidney/thyroid cancer, and multiple myeloma.
Dr. Arutyunyan has published and presented at national and international meetings on topics pertaining to spine deformity, orthopaedic oncology and cost effectiveness in orthopaedic spine surgery.
Dr. Arutyunyan is currently seeing patients at our
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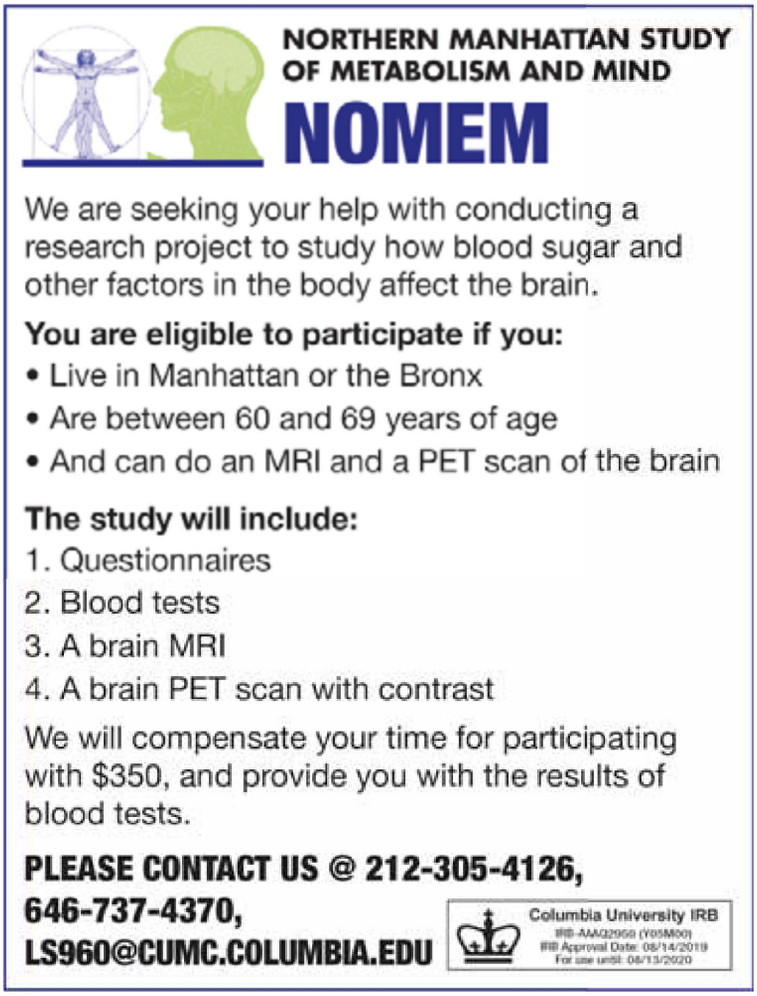
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we can go to these countries and not only be there, but immerse ourselves in the culture. We spend a lot of time there and feel that we are living in those places. For me, it was great to visit the Middle East with my children and my wife and that we could have that experience together, it was wonderful.

Mélanie Laurent: Shooting in Florence for a month, it was the first time we met the cast, it was magical.

There are many explosions in the movie, which scene was the most impressive for you?

Manuel Garcia-Rulfo: I would say the car scene. I am not in those scenes, but I saw it and it really is something I had never seen in my life, the action is incredible and they are hilarious there.

Adria Arjona: Yes, that scene was very fun to shoot. I think it's the most special scene because we didn't use chroma key, there are no special effects, we were in Florence and the car was full at a hundred and some miles an hour and we lived it. I think it feels more real and grabs you more because of that.

How was working with Michael Bay?

Manuel Garcia-Rulfo: For me, incredible. The way Michael works is very special, nobody does it like him. It's contagious, Michael has a very particular energy. He's crazy in the best possible way, that's why he makes movies like that. He's a genius, his head is on another level. There is never a second to breathe while shooting.

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The animated world of espionage

Directors Troy Quane and Nick Bruno talk new 'realistic' spy film with a meaningful message.

MOLLY GIVEN
Molly.Given@metro.us

Tom Holland and Will Smith play Walter Beckett and Lance Sterling. BLUE SKY STUDIOS

In the chaotic and hard-hitting world of espionage, the stakes are typically high, the characters are dangerous, the action is intense and the message is well, non-existent to say the least. In Nick Bruno and Troy Quane's new animated film "Spies in Disguise," the ingredients for a great espionage story are there, but the duo also added a little extra — a moral message that can reach audiences of all ages. After recruiting huge Tinsel Town names to sign on, both Bruno and Quane set out to make an animated film that was funny, meaningful and most importantly, realistic to the classic world of espionage. "Spies in Disguise" follows Lance Sterling (Will Smith), the "World's Most Awesome Spy," and his genius science whiz co-worker Walter Beckett (Tom Holland) after Walter turns Lance into a pigeon to now be the greatest "spy in disguise." After a series of classic obstacles and quite hilarious moments, both Lance and Walter learn a little more about themselves and what it really means to come together as human beings.

Both Bruno and Quane sat down with Metro to discuss why they love the story, what went into making the film "realistic" and overall what they hope the film's message brings to audiences.

What initially intrigued you to sign on with this project?

TQ: It was originally a short film about a spy on his lunch break, and a pigeon who sort of ruins it by trying to get a bagel. We thought it was a fun premise and cute, but with a full film, you have to find a bit more than that to say with it. What would be more annoying to a spy than getting his lunch ruined? What if the spy got turned into a pigeon? That's something you can make a story about. Then you start thinking, okay, well the world of espionage is a world where people don't trust each other and don't get along well, and that became a story worth telling: what happens if you're the world's greatest spy and you get turned into a bird, and then you have to learn to trust in other people in order to save it? That felt like a really interesting stage play. Plus the appeal on top of that was to be able to make a spy movie — all the action, adventure, car chases and travel to cool locations. But then we wanted to laugh and have fun, so making it a buddy comedy felt right and all of the pieces just began to come together and we really had something to say.

NB: It was the same draw for me. On a technical level, we've never worked together before this, but we were both really drawn to coming up with the same message. It's very unique, most movies aren't directed by two people at the same time, but with this, we really had the same vision. At Blue Sky Studios there are over 500 people, so it was great to have teamwork be the message of the film and also how we made the film as well.

What are the benefits and challenges of working on an animated film compared to live-action?

TQ: You definitely have more time to perfect your story with animation. The upside with live-action is you get there a lot quicker, if you want to make a change it's a lot faster. You can shoot a whole scene live action in two days, but for us it takes months. But they are both just different versions of finding your way to a great story hopefully.

It was important for you both to make this a very realistic spy movie — were there any specific films that you drew inspiration from?

NB: We studied all of them, but I would say one of our favorites that we drew from would be "Skyfall." The concept of turning the world's greatest spy into a pigeon is a little ridiculous, but we didn't want this to be a spoof, and there is a really important message for kids, so we wanted to feel that the movie had the legitimate grounding to it. So we played close attention to the tropes of spy movies, and when it came to science we actually were looking into the real science of it all. Obviously, you have to make some stuff up because nobody has done that yet, but most of the stuff we talked about really is a way to break into genetics. We just wanted to make sure that the characters felt sincere and that the kids believe that this is the world we live in as well.

Was Will Smith always your top choice for the character of Lance?

TQ: Yes, we wanted to make a legitimate spy movie and to make the character of Lance Sterling iconic and be able to stand up and counted amongst James Bond or Jason Bourne, and we knew that would take a pretty big performance. It had to be someone who was funny, larger than life, and a little arrogant but still so charismatic that you wanted to cheer for him. So when we talked about our heroes growing up and who could fill those shoes — it was just always Will Smith, he's got such a charm and a charisma. He was the one person who we thought could make this character unique, so we pitched him the movie. He's such a grounded and down to earth guy, and he's not just a great actor, but also a great storyteller. He loves to be involved with what we're saying with the movie — he loved the idea of the big action, the spy stuff, the science angle and the comedy with being turned into a pigeon, but he also really loved the underlying story of how coming together can make us stronger and that's how we're going to make a difference in the world. He's really aware that we will have kids coming to the audience and he really wanted to make sure that we are saying something to them that's worthwhile.

Overall what do you hope audiences take away from the film?

NB: I think the biggest thing is that we might have our differences, but it's important that we find a way to work together whether we're on the soccer field or on the world field, and it's important to find some common ground because we are all just people.

"Spies in Disguise" hits theaters on Dec. 25.

Bumgarner deal shows Mets missed golden opportunity

Instead of going for one of the top pitchers of the last decade, the Mets took a chance on a pair of struggling arms.

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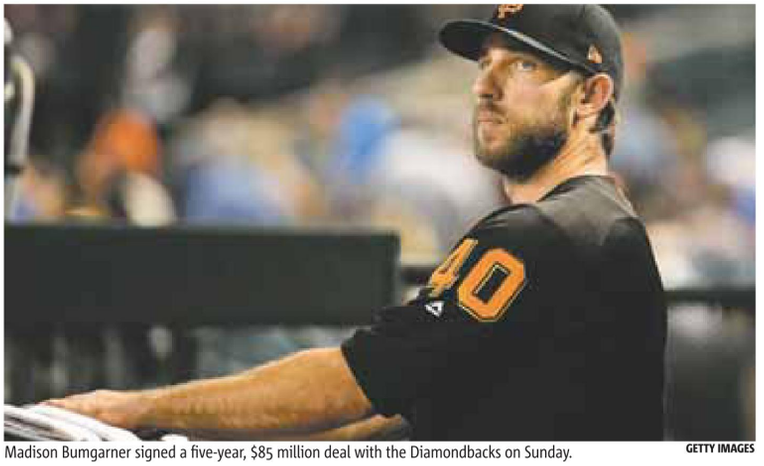


Madison Bumgarner signed a five-year, $85 million deal with the Diamondbacks on Sunday. GETTY IMAGES

If there was any good feeling surrounding the New York Mets' signings of Michael Wacha and Rick Porcello (and the returns have been mixed), they took quite a hit over the weekend.

One of the top remaining pitchers on the free agent market, Madison Bumgarner, signed a five-year, $85 million deal with the Arizona Diamondbacks — a bargain compared to some of the other notable pitcher contracts doled out this offseason.

The previous weeks of free agency saw the Philadelphia Phillies hand former Met Zack Wheeler a five-year, $118 million deal while the Yankees dropped a record-setting $324 million on Gerrit Cole.

It makes Bumgarner's contract look like a steal when you look at his track record.

The 30-year-old southpaw is coming off a down 2019 season after two straight injury-riddled years prior.

Still, Bumgarner eclipsed the 200-inning mark for the seventh time in the past nine years, proving he can eat innings despite a 9-9 record and a career-worst 3.90 ERA.

And even in the worst year of his career, he had a better 2019 than both Porcello and Wacha:

Bumgarner: 207.2 innings, 3.90 ERA, 203 Ks, 1.127 WHIP

Wacha: 126.2 innings, 4.76 ERA, 104 Ks, 1.563 WHIP

Porcello: 174.1 innings, 5.52 ERA, 143 Ks, 1.394 WHIP

Adding Bumgarner to a staff that already includes Jacob deGrom, Noah Syndergaard, Steven Matz and Marcus Stroman would have given the Mets one of, if not the best, rotation in the National League.

Instead, the Mets will be playing the hypothetical game that general manager Brodie Van Wagenen swore he wouldn't play when he took over last winter.

If Porcello can regain his 2016 form that won him the American League Cy Young, the Mets will be fine.

If Michael Wacha meets the expectations placed upon his shoulders when he came up as a can't-miss prospect with the St. Louis Cardinals, the Mets will be fine.

The Mets could have a nice problem on their hand and have two guys fighting for the No. 5 spot. Or, they'll have two struggling arms that will make the bottom of the rotation a liability.

That's the price of frugality, usually, as the Mets opted to sign the pair of right-handers on small deals.

Wacha and Porcello took one-year deals for a combined $13 million.

It seems much cheaper than Bumgarner's deal, right?

Not exactly.

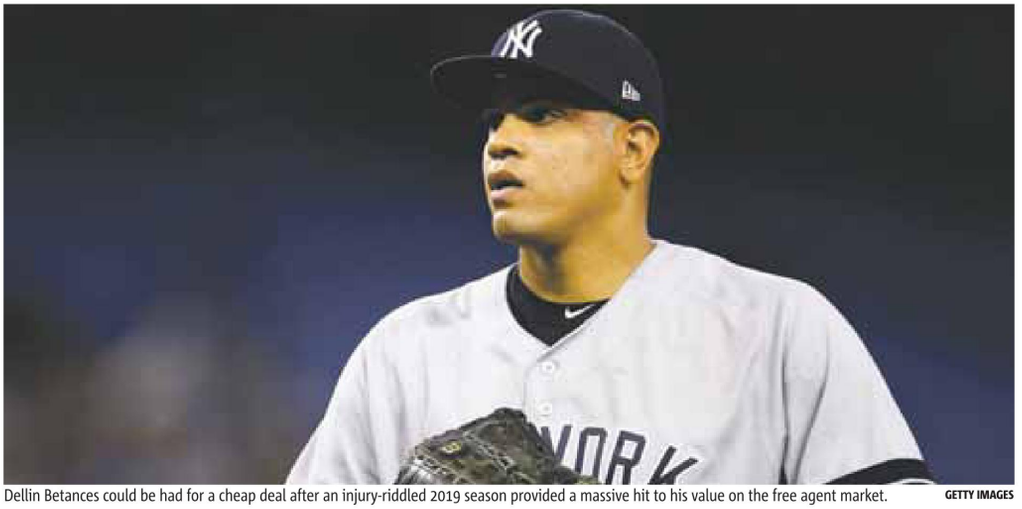
With incentives in their contracts, that annual value could reach the $17 million mark.

That's how much Bumgarner's annual average salary is worth in his new deal with the Diamondbacks.

Granted, he took a discount to play in Arizona, where he has land and horses. But offering a few extra dollars wouldn't have hurt a prospective offer from the Mets — which never came in the first place.

It appears that picking up the greatest postseason pitcher of this generation doesn't mean much to a team that is trying to create the illusion of competing.

Mets signing of Dellin Betances now unlikely



Dellin Betances could be had for a cheap deal after an injury-riddled 2019 season provided a massive hit to his value on the free agent market. GETTY IMAGES

Even while the Mets are apparently saving money, they aren't reallocating it to logical upgrades.

MLB Network's Jon Heyman reported on Tuesday that the Mets are "not likely" to sign free agent reliever Dellin Betances, who is coming off an injury-shortened campaign with the crosstown Yankees in 2019.

The 31-year-old righty was limited to just 0.2 innings of work last year due to a shoulder and lat injury that held him out until September. He then partially tore his Achilles tendon during his season debut.

The timing could not have been any worse for Betances, who is one of the more elite relief pitchers in the game when he's healthy (and consistent).

From 2014 to 2018, he posted a 2.22 ERA with 607 strikeouts in 373.1 innings for an impressive 14.6 punchouts per nine innings average.

The Mets still need to upgrade their bullpen after seemingly abandoning their search to fill their other pressing void — an everyday center fielder.

Signing Rick Porcello and Michael Wacha could see one of those arms flexed to the bullpen, but that doesn't do much to add a proven arm to the relief corps.

Seth Lugo — a converted starter — and Justin Wilson appear to be their most reliable bullpen arms as closer Edwin Diaz is coming off a disastrous first season in Queens while Jeurys Familia's return to the Mets didn't go much better.

The Mets retained Brad Brach on a cheap deal while Robert Gsellman figures to stay in the bullpen, too. But these moves are doing little to instill much confidence in the late innings for 2020.

A healthy Betances would supply the Mets with a bona fide fireballer to be a setup man for either Diaz or — possibly — even Lugo.

The price should be right up the Mets' alley, too, as Heyman reported that Betances is looking for a one-year deal worth $10 million. There also might be some extra money to spend after amending the final year of Yoenis Cespedes' contract. At least, it seems that way.

So it's puzzling as to why the Mets' chances of Betances went from likely, according to YES Network's Jack Curry on Monday night, to unlikely on Tuesday morning.

To add insult to Mets fans' injuries, the favorite for Betances now will be the Philadelphia Phillies, who came away with Joe Girardi before signing former Met Zack Wheeler.

It will only continue the trend of the Mets' divisional rivals getting better while the Mets remain stuck in neutral.

JOE PANTORNO

The Yankees could take advantage of a potential Cubs fire sale by adding a big lefty bat. GETTY IMAGES

Yanks in on Kyle Schwarber: Where would he fit?

The Yankees once again are inquiring about the Cubs slugger.

JOE PANTORNO
joseph.pantorno@metro.us

The New York Yankees' interest in Kyle Schwarber remains persistent.

Ken Rosenthal of The Athletic reported earlier this week that the Yankees and Chicago Cubs have had trade discussions about the 26-year-old slugger. However, "there is no momentum," per the report.

The Yankees have been linked to Schwarber since 2016 as a prime candidate to take a corner outfield spot while getting the occasional look as a designated hitter.

Fast forward three years and the Yankees need an additional left-handed bat that can provide some power.

Brett Gardner — coming off a 28-home run season of his own — and Mike Tauchman are projected to the be only lefty bats in the Bronx in 2020 at this time.

Schwarber is coming off his best season as a pro, slashing .250/.339/.531 with 38 home runs and 92 RBIs in a career-high 155 games as Chicago's starting left fielder.

The Cubs look to be toying with the idea of a fire sale. After parting ways with manager Joe Maddon, multiple reports have revealed that the likes of star third baseman Kris Bryant and catcher Willson Contreras are available on the trade market.

Schwarber is under team control through the 2021 season and is projected to make just $8 million next year.

With Bryant also on the block, the Cubs could ask for a sizable return that includes Miguel Andujar — who could be the next man guarding the hot corner at Wrigley Field.

Schwarber would be a logical replacement for Gardner once the veteran's one-year deal expires, assuming the Yankees don't pick up his $10 million option in 2021.

The problem is that he might not be a perfect fit for the Yankees, at least for the moment — meaning their interest in Schwarber could suggest some more moves ahead.

Schwarber is a below-average defensive outfielder that would be thrown in the mix of a logjam. With starting center fielder Aaron Hicks likely out until at least August after undergoing Tommy John surgery, Gardner will shift over from left while Tauchman and Clint Frazier compete for playing time, as well.

It becomes even more crowded when Hicks returns.

The DH spot is pretty set for now, too, with Giancarlo Stanton's albatross of a contract as the No. 1 option.

Schwarber could try to make the move to first base if Luke Voit and Mike Ford can't cut it, but he's never played the position in the majors.

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20 Happy __ clam
21 Crazy
23 Paper fold line
24 Boring events
26 Barbie's beau
27 Destroy
29 Wild animals
32 Martini garnish
33 __ out; say impulsively
35 Joint nearest the waist
37 Prescribed amount
38 Suspicious
39 Plato's "B"
40 Feminine pronoun
41 Shindig
42 Opposite of "urban"
43 Rehab candidate
45 Ocean __; cruise ships
46 Spanish cheer
47 __ Rica
48 Pelé's sport
51 Color
52 WWII president
55 Preventable
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60 Prisoner's room
61 Pegs for Palmer
62 Item in a bedding package
63 __-highs; long socks
64 Compass point
65 Carney's namesakes

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28 Luau greeting
29 Entomb
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36 Buddies
38 Make a surgical cut
39 Tap a baseball
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42 Staircase pieces
44 Submissive
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49 Baker's need
50 Nat King __
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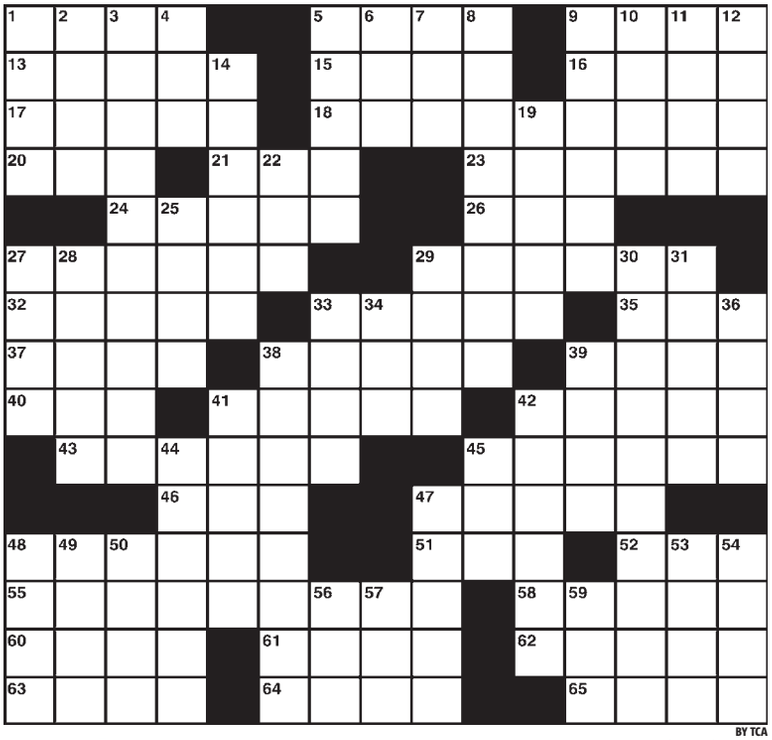

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